

# PLAN FORWARD

## DIABETES PREVENTION PROGRAM

**Could you be at risk for diabetes and not know it? Increase your awareness:**

- Take the American Diabetes Association test on the back of this flyer
- If you score 10 or higher, contact your local YMCA to register for Plan Forward
- Meeting times and place vary by location



The **YMCA** now offers you a **16-week program** to decrease your risk of diabetes through promoting healthy weight management, increasing activity and improving nutrition in a friendly group environment. The program includes:

- **YMCA Family Membership**
- Ongoing supportive YMCA Lifestyle Coach in a group setting
- Child care during classes and free family programs
- Recipes, tracking logs, nutrition education and local resources

JOIN  
PLAN  
FORWARD  
TODAY!

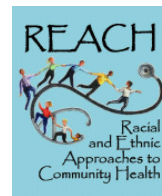
**Program Starts:** Wednesday, October 7th, 2009

**Program Cost:** \$90 YMCA Members, \$150 Non-YMCA Members

The **YMCA Plan Forward Program** is based on the Diabetes Prevention Program, a national study that showed lifestyle changes (diet and exercise) can prevent the development of diabetes.

For more information contact Katie Koblenz, Senior Director of Total Health

253-833-2770 or [kkoblenz@seattleyymca.org](mailto:kkoblenz@seattleyymca.org)



**AUBURN VALLEY YMCA  
HEALTH AND WELLNESS**



# Could You Have Diabetes and Not Know It?

*Take the Test. Know your Score.*

There are 18.2 million Americans with diabetes – and nearly one-third of them (or 5.2 million people) don't know it! Take this test to see if you are at risk for having diabetes. Diabetes is more common in African Americans, Latinos, American Indian and Alaskan Native, Asian Americans, and Pacific Islanders. If you are a member of one of these ethnic groups, you need to pay special attention to this test.

To find out if you are at risk, write in the points next to each statement that is true for you. If a statement is *not* true, write a zero. Then add all the points to get your total score.

1. My weight is equal to or above that listed in the chart.	Yes	5	_____
2. I am under 65 years of age <u>and</u> I get little or no exercise during a usual day.	Yes	5	_____
3. I am between 45 and 64 years of age.	Yes	5	_____
4. I am 65 years old or older.	Yes	9	_____
5. I am a woman who has had a baby weighing more than nine pounds at birth.	Yes	1	_____
6. I have a sister or brother with diabetes.	Yes	1	_____
7. I have a parent with diabetes.	Yes	1	_____
<b>TOTAL</b>			

## Scoring 3-9 points

You are probably at low risk for having diabetes now. But don't just forget about it – especially if you are a Hispanic/Latino, African American, American Indian and Alaskan Native, Asian American, and Pacific Islander. You may be at higher risk in the future.

## Scoring 10 or more points

You are at a greater risk for having diabetes. Only your health care provider can determine if you have diabetes. At your next office visit, find out for sure.



*At-Risk Weight Chart*  
*Body Mass Index*

<i>Height</i>	<i>Weight</i>
<i>In feet and inches without shoes</i>	<i>In pounds without clothing</i>
4' 10"	129
4' 11"	133
5' 0"	138
5' 1"	143
5' 2"	147
5' 3"	152
5' 4"	157
5' 5"	162
5' 6"	167
5' 7"	172
5' 8"	177
5' 9"	182
5' 10"	188
5' 11"	193
6' 0"	199
6' 1"	204
6' 2"	210
6' 3"	216
6' 4"	221

If you weigh the same or more than the amount listed for your height, you may be at risk for diabetes.

## Diabetes Facts You Should Know

Diabetes is a serious disease that can lead to blindness, heart disease, strokes, kidney failure, and amputations. It kills almost 210,000 people each year.

Some people with diabetes have symptoms and some do not.  
If you have any of the following symptoms, contact your doctor:  
• Extreme thirst • Frequent urination • Unexplained weight loss

For more information on diabetes, call 1-800-Diabetes (342-2383) or visit [www.diabetes.org](http://www.diabetes.org).  
The information contained in the American Diabetes Association (ADA) web site and this risk test is not a substitute for medical advice or treatment, and the ADA recommends consultation with your doctor and health care professional.

## YMCAs currently offering Plan Forward in Washington:

**Auburn Valley YMCA**  
[www.auburnvalleyymca.org](http://www.auburnvalleyymca.org) 253-833-2770  
Contact Katie Koblenz : [kkoblenz@seattleymca.org](mailto:kkoblenz@seattleymca.org)

**YMCA of Tacoma Pierce County**  
[www.tacomayymca.org](http://www.tacomayymca.org) 253-853-9622  
Contact Susan Buell : [sbuell@tacomayymca.org](mailto:sbuell@tacomayymca.org)

**Wenatchee Valley YMCA**  
[www.wenymca.org](http://www.wenymca.org) 509-662-2109  
Contact Hillary Conner : [hillary@wenymca.org](mailto:hillary@wenymca.org)

**YMCA of the Inland Northwest**  
[www.ymcaspokane.org](http://www.ymcaspokane.org) 509-838-3577  
Contact Keats McGonigal:  
[kmcgonigal@spokaneyymca.org](mailto:kmcgonigal@spokaneyymca.org)